

(TMI Newsletter - July 25, 2012)

## 8 STEPS TO INITIATING AN OBE

*by William Buhlman,  
Author, OBE Expert and Guest Trainer at The Monroe Institute*

*William Buhlman is a leading expert on out-of-body experiences. The author's forty years of extensive personal out-of-body explorations give him a unique and thought-provoking insight into this subject. His first book, Adventures Beyond the Body chronicles his personal journey of self-discovery through out-of-body travel and provides readers with the preparation and techniques that can be used for their own adventure*

When Robert Monroe was alive, The Institute had no out-of-body courses in its catalog. "Despite being famously known for his OBEs, Bob did not want to focus solely on teaching the out-of-body process," explains Nancy McMoneagle, TMI's President & Executive Director.

*"He didn't want to imply that exploring consciousness was reliant on the OBE. To Bob, OBEs were a means to an end—a personal gateway into the realms of consciousness exploration. TMI programs focus on providing tools to achieve, explore, and use diverse and profound levels of consciousness. Our programs give people the means to discover and experience the magnitude of who they really are, to know that they are more than their physical bodies."*

During the twenty-two years since Bob's death in 1995, our culture has shifted, evolved, to the extent that people who now come to participate in consciousness exploration and development already understand that the OBE is a technique, a means to an end, rather than the end itself.

Today, TMI is tremendously fortunate to have William Buhlman, out-of-body veteran, author, and teacher, training his OBE Intensive at a TMI. Bill shares some of his proven techniques including his "Early Morning Method."

1. Select a time in advance that you will experience an OBE. (This evening I will have a conscious OBE).
2. Several hours before your chosen time keep reminding yourself of your focused goal to have an immediate and conscious OBE.
3. At bedtime set your alarm for about 4 hours after you expect to fall asleep.
4. When you are relaxing and drifting off to sleep, repeat your intention to have a fully conscious OBE. (Hold your intention as your last conscious thought)

5. After awakened by your alarm, get up for about 15 minutes and move to your sofa (or designated OBE practice area, however, not your normal bed!) and lie on your back in a comfortable position.
6. Saturate your mind with your intention to have an immediate OBE. “Now I have an OBE” or whatever words focus your intention for you.
7. Close your eyes and imagine you are walking around your house, and away from your body, as you examine objects within your home. Clearly, imagine yourself walking to another room of your home.
8. While holding this vision, silently repeat your focused intention, “Now I have an Out-of-Body experience.” IMPORTANT - Hold this focused intention as your last conscious thought as you drift off.

Buhlman’s most recently published book *Adventures in the Afterlife* was inspired by a cancer diagnosis in 2011 resulting in Bill’s exploration of the afterlife and his confrontation with mortality. His lucid dreams and out-of-body experiences during his treatment and recovery provided mind-bending visions that were so illuminating that he felt compelled to journal his experiences. He provides insights in this book to assist the reader to navigate the many thought responsive environments in the afterlife.

